

Tobacco LIVE FREE OR DIE

NH TOBACCO PREVENTION & CONTROL PROGRAM

EXECUTIVE SUMMARY

Summary of
Findings in the
State of New
Hampshire

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Tobacco Prevention &
Control Program

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2002 New Hampshire Cessation Services Survey Results

In 2000, 53% of adult smokers in New Hampshire reported they had tried to quit during the previous year. Addiction counselors have compared the addiction to nicotine (a chemical found in tobacco) to the addiction to heroin. Quitting takes practice and often many unsuccessful attempts before the user is able to quit for good. Programs that successfully help smokers to quit can produce substantial public health benefits. Those who quit smoking before they reach age 50 can cut their risk of dying in half in the next 15 years.

Effective treatments for quitting tobacco use now exist. Every smoker should receive some amount of education about these options every time he or she visits a health-care provider. To achieve that end, the NH Department of Health and Human Services, Tobacco Prevention and Control Program (TPCP) identified available, clinically approved cessation resources in the state of New Hampshire. TPCP staff conducted a telephone survey of health centers, hospitals, health plans, and health organizations between November 2001 and February 2002. The questionnaires, developed by TPCP, ranged between 9-12 questions and took an average of 10 minutes to complete.

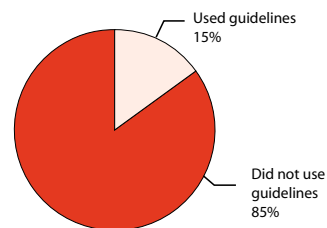
THE RESULTS ARE IN

Health Centers

TPCP surveyed each of NH's 13 state-funded sites offering prenatal or primary care and found that:

- 100% of the health centers required health-care providers to ask the patient about his/her current smoking patterns and history.
- 15% of the health centers used cessation guidelines from "Treating Tobacco Use and Dependence," (Figure 1). "Treating Tobacco Use and Dependence," released by the Public Health Service in October 2000, is a guideline designed to help healthcare providers, smoking cessation specialists; and health care administrators, insurers, and purchasers in identifying and assessing tobacco users and in delivering effective tobacco dependence interventions.

FIGURE 1
Percentage of health centers that used cessation guidelines from "Treating Tobacco Use and Dependence"



Hospitals

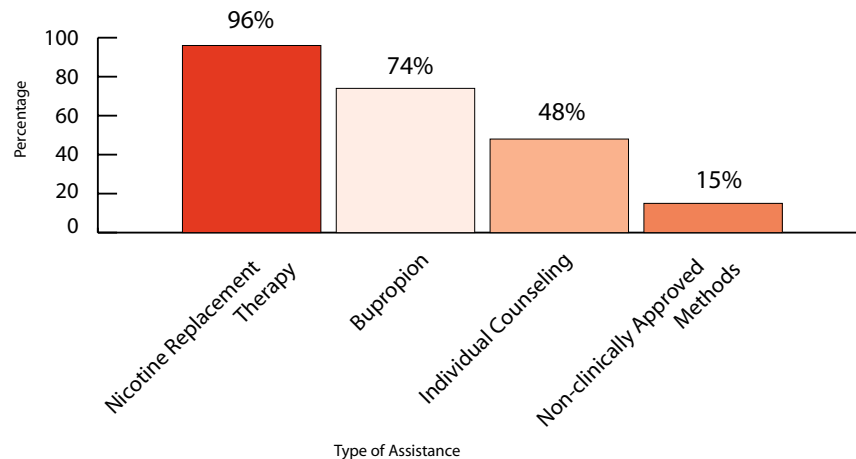
TPCP surveyed each of NH's 27 acute care hospitals and found that:

- 96% of the hospitals required healthcare providers to ask the patient about his/her current smoking patterns and history.
- 7% of the hospitals used cessation guidelines from "Treating Tobacco Use and Dependence."
- 100% of hospitals offered help to admitted patients who smoke, to cope with hospital smoking policies, (Figure 2):
- 96% offered Nicotine Replacement Therapy.
- 74% offered Bupropion (Zyban or Wellbutrin).
- 48% offered individual counseling.
- 15% offered non-clinically approved methods (hypnosis, Lorezapam, and Diazepam).



FIGURE 2

Types of assistance offered by hospitals to admitted patients who smoke, to cope with hospital smoking policies



Health Plans

TPCP surveyed the two largest managed care organizations in the state and found that:

- Both plans required healthcare providers to ask patients about their current smoking patterns and history.
- Neither plan used the cessation guidelines from "Treating Tobacco Use and Dependence."
- Both plans partially covered some type of tobacco use and dependence treatment.
- Both plans covered some types of counseling and health education.
- One plan offered limited coverage of Nicotine Replacement Therapy and other pharmacotherapy (medicines).

Health Organizations

TPCP surveyed The American Cancer Society New England Division (ACS), American Lung Association of New Hampshire (ALANH), and American Heart Association (AHA) and found that:

The ALANH offered the following six cessation programs and services:

- "Not on Tobacco" – a program designed to help youth quit using tobacco
- "Freedom From Smoking" – a program designed to help adults quit using tobacco
- "Freedom From Smoking, online" – an internet-based program designed to help adults quit using tobacco

- One-on-one counseling by ALANH health educators
- "When You Can't Light Up" – a worksite-based cessation program
- "Lung Health Call Center" – a telephone-based cessation information resource center

The ACS offered one cessation program:

- "Make Yours a Fresh Start Family" – an educational program for physicians and other caregivers

The AHA did not offer any cessation programs.



Smoking cessation (quitting) interventions are very cost-effective. The average cost per smoker for successful cessation treatment is \$166. In contrast, the costs associated with tobacco related health-care and lost productivity per smoker each year is \$3,391.

CONCLUSIONS

Results of the cessation survey showed a lack of clinical awareness of the Public Health Service guidelines for tobacco cessation treatment on the part of NH healthcare providers. Most of the surveyed health centers and hospitals either did not use or did not know of the guidelines from "Treating Tobacco Use and Dependence." Some hospitals were using non-clinically-proven cessation programs and medications, including hypnosis, Lorezapam and Diazepam.

The results of the survey showed the need for education about the use of the guidelines from "Treating Tobacco Use and Dependence." The results also demonstrate the need for health plans to be educated about the long-term cost benefits of cessation programs and services. It is apparent that increased benefit coverage of cessation medications and programs for smokers would ultimately be less expensive than the health care costs associated with tobacco related diseases.